



Help Me Grow

Maine

Kijan Help Me Grow Sipòte w ak pratik ou a?

Kòm yon pwofesyonèl swen sante, ou konprann enpòtans kritik deteksyon ak entèvansyon bonè lakay pasyan w ap sèvi yo. Help Me Grow ap sipòte w nan pran swen pasyan ou yo nan bay sèvis sa yo:

- ▶ Depistaj devlopman gratis atravè Ages & Stages Questionnaires®
- ▶ Konsèy pou paran, aktivite, ak enfòmasyon itil
- ▶ Referans ak koneksyon nan resous komunitè ki disponib
- ▶ Swivi ak fanmi yo pou asire timoun yo resevwa sèvis yo bezwen yo
- ▶ Rezulta pataje efò kowòdinasyon swen nou yo pou ranfòse relasyon ant oumenm ak pasyan ou



Kijan Help Me Grow Maine Fonksyone?

Founisè a refere fanmi an nan HMG Maine.

HMG bay enfòmasyon sou devlopman timoun epi li ofri tès depistaj devlopman.

HMG oryante fanmi yo nan sèvis lokal devlopman timoun ansanm avèk sèvis konplémentè yo.

HMG fè swivi ak fanmi an pou asire bon koneksyon ak sèvis yo epi ofri tès depistaj adisyonèl.

Si sa nesesè, HMG fè referans adisyonèl.

Èske ou te Konnen?

91% timoun nan Maine te resevwa yon vizit medikal preventif nan ane ki sot pase a, byen pi wo pase mwayèn nasyonal 82%.

Prèske 1 sou 4 timoun nan Maine gen bezwen swen sante espesyal.

2 sou 3 timoun nan Maine ki gen laj 9 mwa ak 3 zan pa te resevwa yon tès depistaj devlopman.



211 Maine

Telefòn Administratif: 1-833-714-7969

HelpMeGrow@maine.gov

<https://www.maine.gov/dhhs/ocfs/support-for-families/child-development>



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Èske pratik ou an ankouraje siveyans devlopman ak siveyans?

Aprann siy yo. Aji bonè. Lis verifikasyon etap enpòtan yo fè devlopman siveyans fasil:

- ▶ Dapre etap enpòtan nan Akademi Ameriken pou Pedyatri (AAP)
- ▶ Ede w fè siveyans nan devlopman sistematik jan AAP rekòmande
- ▶ Koresponn ak vizit sipèvizon sante pou laj 2 mwa jiska 5 an
- ▶ Paran yo dwe ranpli, prepare yo pou repons pi egzat nan tès depistaj devlopman yo

Your baby at 6 months

Baby's Name _____ Baby's Age _____ Today's Date _____

Milestones matter! How your baby plays, moves, speaks, acts, and moves offers important clues about your baby's development. Check the milestones your baby has reached by 6 months. Take this with you and talk with your baby's doctor at every well-child visit about the milestones your baby has reached and what to expect next.

What most babies do by this age:

Social/Emotional Milestones

- Shows familiar people
- Likes to look at himself in a mirror
- Laughs

Cognitive Milestones (learning, thinking, problem-solving)

- Puts things in her mouth to explore them
- Reaches to grab a toy he wants
- Closes his eyes to show she doesn't want more food

Language/Communication Milestones

- Takes turns making sounds with you
- Blows "raspberries" (sticks tongue out and blows)
- Makes squeaking noises

Movement/Physical Development Milestones

- Rolls from tummy to back
- Pushes up with straight arms when on tummy
- Learns on hands to support himself when sitting

Other important things to share with the doctor...

- What are some things you like to do with your baby together?
- What is your baby's birth history?
- Is there anything your baby does or does not do that concerns you?
- Has your baby lost any skills he/she once had?
- Does your baby have any special healthcare needs or was he/she born prematurely?

You know your baby best. Don't wait if your baby is not meeting one or more milestones, has lost skills he or she once had, or you have other concerns, act now. Talk with your baby's doctor, share your concerns, and ask what you can do to help your baby grow.

1. Ask for a referral to a specialist who can evaluate your baby more;
2. Call your state or territory's early intervention program to find out if your baby can get services to help. Learn more and find the number at cdc.gov/First5

For more on how to help your baby, visit cdc.gov/Concerned

Èske Pratik ou an Ofri Depistaj Developmantal?

Wi!

Help Me Grow Maine ka ede avèk:

- Swivi sipò pou fanmi yo
- Mete ajou anyè resous pou referans ak koneksyon pou sèvis yo
- Asistans nan enskripsyon pou fanmi yo
- Konsèy pou paran, aktivite, ak lòt enfòmasyon itil
- Fòmasyon pou apliwaye sou devlopman siveyans / tès depistaj

Poko!

Help Me Grow Maine ka ede ak tout bagay ki mansyone, PLUS:

- Etabli yon tès depistaj fòmèl pwosesis pou pratik la

Kijan ou ka konekte pasyan ou yo pou Help Me Grow Maine?

MANDE yon fanmi pou rele 211 / Help Me grow pandan oswa apre yon vizit byennèt.

REFERE lè ou ranpli yon fòm referans wap jwenn sou sit entènèt nou an.

RELE 211 epi mande pou Help Me Grow. Espesyalis Resous nou yo pral kontakte fanmi an.

Depatman Sante ak Sèvis Imen (DHHS) pa fè diskriminasyon.

Referans:

- Se Help Me Grow Florida ki ban nou enfòmasyon ak plan sa yo. Yo te fè ti chanjman pou sipòte modèl Help Me Grow Maine.
- Sibvansyon Blòk Sèvis Sante Matènèl ak Timoun Tit V: Evalyasyon Bezwèn ak Kapasite 2020 pa Depatman Sante ak Sèvis Imen Maine CDC.